



DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ARMOR CENTER AND FORT KNOX
FORT KNOX, KENTUCKY 40121-5000

REPLY TO
ATTENTION OF:

ATZK-PTE-P (350)

1 November 1999

MEMORANDUM FOR

Commanders, All Units Reporting Directly to This Headquarters
Directors and Chiefs, Staff Offices/Departments, This Headquarters

SUBJECT: Thunderbolt Six Policy Memo No. 37-14 – Physical Fitness Program (PFP)

1. References:

- a. AR 350-41, 19 March 1993, Training in Units.
- b. FM 21-20, 30 September 1992, Physical Fitness Training.

2. Commanders will design and execute a challenging Physical Fitness Program (PFP) that promotes combat readiness and overall fitness. The PFP will include a variety of aerobic and conditioning tasks. The PFP will consist of mandatory, unit-level, scheduled activities and voluntary personal activities. The references above provide information on developing unit PFPs.

3. PFPs will conduct physical training a minimum of three days each week. PFPs will be scheduled so that soldiers have time to take their children to childcare centers. Regular work activities will not be conducted during PFP time.

4. PFP activities will be organized by a master fitness trainer and supervised by a noncommissioned officer (NCO). Commanders will ensure PFPs are conducted safely. After completing PFPs, soldiers will be given enough time for personal hygiene, area cleanup, and breakfast. NCOs will ensure soldiers are properly prepared and ready for work by 0900.

A handwritten signature in black ink, appearing to read "B. B. Bell", is positioned above the typed name.

B. B. BELL
Major General, USA
Commanding

ATZK-PTE-P

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